

TRAUMA AND PTSD: Resources for the Public

Learn about PTSD and other reactions from all types of trauma at:

www.ptsd.va.gov

Posttraumatic Stress Disorder (PTSD) is a mental health problem that can occur after you have been through a traumatic event.

FIND

UNDERSTANDING PTSD

Have you, or someone you know:

- Been through combat?
- Lived through a disaster?
- Experienced any other kind of traumatic event?

Read [Understanding PTSD \(PDF\)](#)
Includes full color photos, real stories, and more.

Watch [Understanding PTSD \(Flash\)](#)

What is PTSD? This interactive module will help you learn about common reactions to trauma, hear real stories of those who have dealt with PTSD, and how to get help.

[Help with Flash](#)

FIND

UNDERSTANDING PTSD TREATMENT

Don't let PTSD get in the way of your life, hurt your relationships, or cause problems at work or school.
PTSD treatment can help.

READ
[Understanding PTSD Treatment \(PDF\)](#)

▶ WATCH
[Understanding PTSD Treatment \(Flash\)](#)
[Help with Flash](#)

FIND

AboutFace

LEARN FROM VETERANS HOW PTSD TREATMENT CAN TURN YOUR LIFE AROUND

ABOUTFACE

FIND

Return from War

Returning from the War Zone
A Guide for Families of Military Members

Your service member is home! After a deployment, you and your family may experience challenges. This guide provides information on what to expect when a soldier returns, and how to help them adjust to life at home.

PTSD

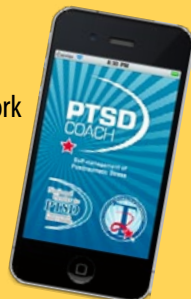
Learn what to expect when a soldier returns:

- 2 full color booklets
- Interactive module with video to help families

PTSD Coach Mobile App

- Free for iPhone and Android
- Information on PTSD and treatments that work
- Tools for screening and tracking symptoms
- Skills to handle stress symptoms
- Direct links to support and help
- Available 24/7

More mobile apps coming soon!



Sign up for the PTSD Monthly Update

Find Treatment

[Where to Get Help for PTSD](#)



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VA HEALTH CARE

Defining
EXCELLENCE
in the 21st Century

Advancing Science and Promoting Understanding of Traumatic Stress

